IN THE CLAIMS:

- 1. (Currently Amended) An orthotic insert having a first and a second portion, said first and second portions being formed from heat mouldable ethyl vinyl acetate, said second portion adapted to provide support in the heel region of a person's foot and being formed of a material of higher resistance to deformation than said first portion, wherein said insert is heat mouldable to conform to the person's foot such that to fit said insert to person's foot said insert is heated until it softens sufficiently to permit an upper supporting surface of the insert to conform to said patient's foot to provide the desired biomechanical support and then subsequently cooled, where upon cooling said upper supporting surface of said insert retains the shape to which is has conformed, and the second portion has a substantially J-shaped configuration which extends partially around the periphery of the insert corresponding to the heal and arch regions of the person's foot and a lateral section of the second portion extends above said upper supporting surface of the first portion to support the arch region of the person's foot.
- 2. (Original) The orthotic insert as claimed in claim 1, wherein the second portion is formed from a material of higher density than the material from which the first portion is formed.
- 3. (Previously Presented) The orthotic insert as claimed in claim 1, wherein said first and second portions of the orthotic insert are joined by bonding.
- 4. (Previously Presented) The orthotic insert as claimed in claim 1, wherein the second portion is adapted to provide support for the heel and arch regions of a person's foot
- 5. (Canceled).
- 6. (Previously Presented) The orthotic insert as claimed in claim 1, wherein said first portion includes an integrally formed metatarsal raise.

- 7. (Previously Presented) The orthotic insert as claimed in claim 1, wherein said first portion includes a tongue which is located within a complementary shaped recess in the second portion.
- 8. (Original) The orthotic insert as claimed in claim 7, wherein said tongue lies beneath the calcaneus of the patient.
- 9. (Previously Presented) The orthotic insert as claimed in claim 1, wherein said second portion is between 30 to 70% more resistant to deformation than said first portion.
- 10. (Previously Presented) The orthotic insert as claimed in claim 1, wherein said second portion is between 40 to 60% more resistant to deformation than said first portion.

11.-16. (Canceled)